

SUNBURST MONTHLY

# Inspirations



April 2017

## Coming Events



**Kriya Initiation & Retreat  
Spring Renewal -  
Empower Your Journey**

THURSDAY - SUNDAY • APRIL 27 - 30



**Celebrate Life Retreat  
With Hands-On Permaculture**

FRIDAY - SUNDAY • MAY 26 - 28



**Living With Spirit  
Experience Sunburst**

SUNDAY - SUNDAY • JUNE 18 - 25

See page 4 for more events

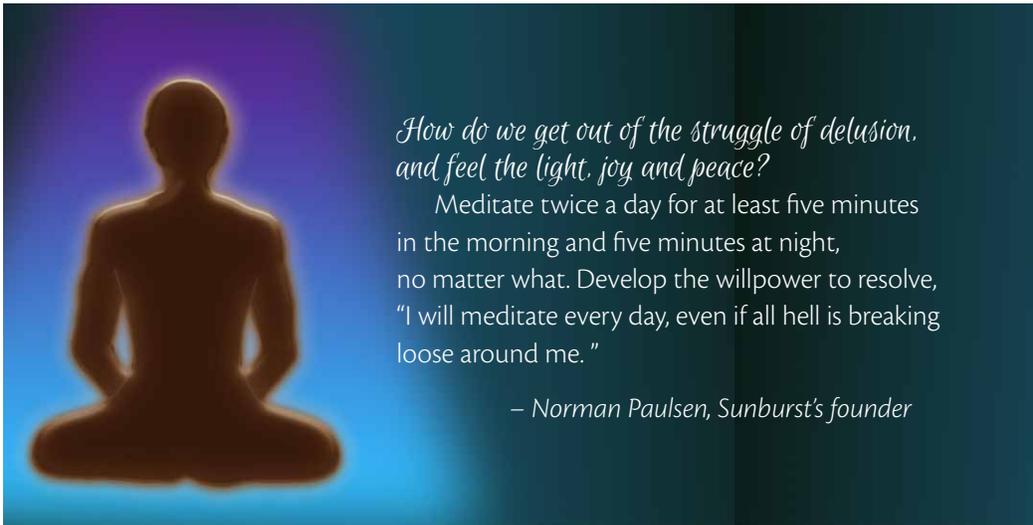
## New - we're on YouTube!

[Click here](#) and enjoy watching and listening to clips of meditation talks by Norman Paulsen, Sunburst's founder. There are four short excerpts available. Or you can choose to watch a twenty-minute video, *Tribute to the Life of Norman Paulsen*, for an inspiring look at Sunburst's roots and history. Keep checking the channel, as more videos will be added soon. Hope you enjoy!



*Divine Spirit, Mother and Father, your resurrection is all around us, in the new growth of plants, in the birds making nests, in the joy of our hearts. May we reach deep within to find your divine Presence, and let it radiate out healing and love to your beautiful universe.*

- Valerie King, Sunburst



*How do we get out of the struggle of delusion, and feel the light, joy and peace?*

Meditate twice a day for at least five minutes in the morning and five minutes at night, no matter what. Develop the willpower to resolve, "I will meditate every day, even if all hell is breaking loose around me."

- Norman Paulsen, Sunburst's founder

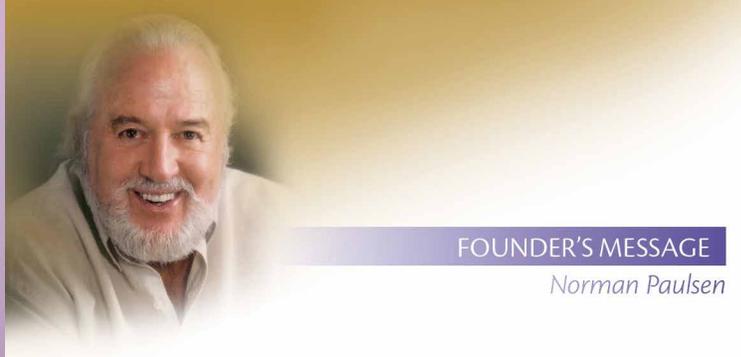
## Earth Day Message

Deepak Chopra

I'm calling all my friends on Earth Day to just remind them that the Earth is recycling in our bodies. Through our rivers and waters are our circulation; its atmosphere is our breath; its trees are our lungs. We call it *the environment*, but that's the wrong word. It's our extended body.

We have a personal body and we have a universal body, and they're both equally ours. When we have that experience and knowledge, it will become impossible for us to hurt the Earth and for us in turn to be hurt by it. So my friends, don't choose the word *environment*; look at the Earth as your mother from where you were born, and also remember that all its beautiful forests, its flowers and gardens, its trees, its atmosphere, its rivers—they're all a part of our own biological organism.

Love it and love your body, and you will feel exhilarated just by that emotion.



FOUNDER'S MESSAGE

Norman Paulsen

## Become a Divine Warrior

As you walk through this life, you begin to realize how short it really is. When we are young, we think life is forever, and no matter what we do, we are somehow going to get out of it. As we grow older, and we haven't gotten out of it, we realize how our actions can imprison us, or can set us free. Life is short here—not even a moment in eternity, hardly. The experience of immortality must be gained, must be tasted. It is an ecstasy beyond description. Once tasting it, you can never fail. You will always return to that which is sweetest, which tastes the best. That is why we have to make the effort.

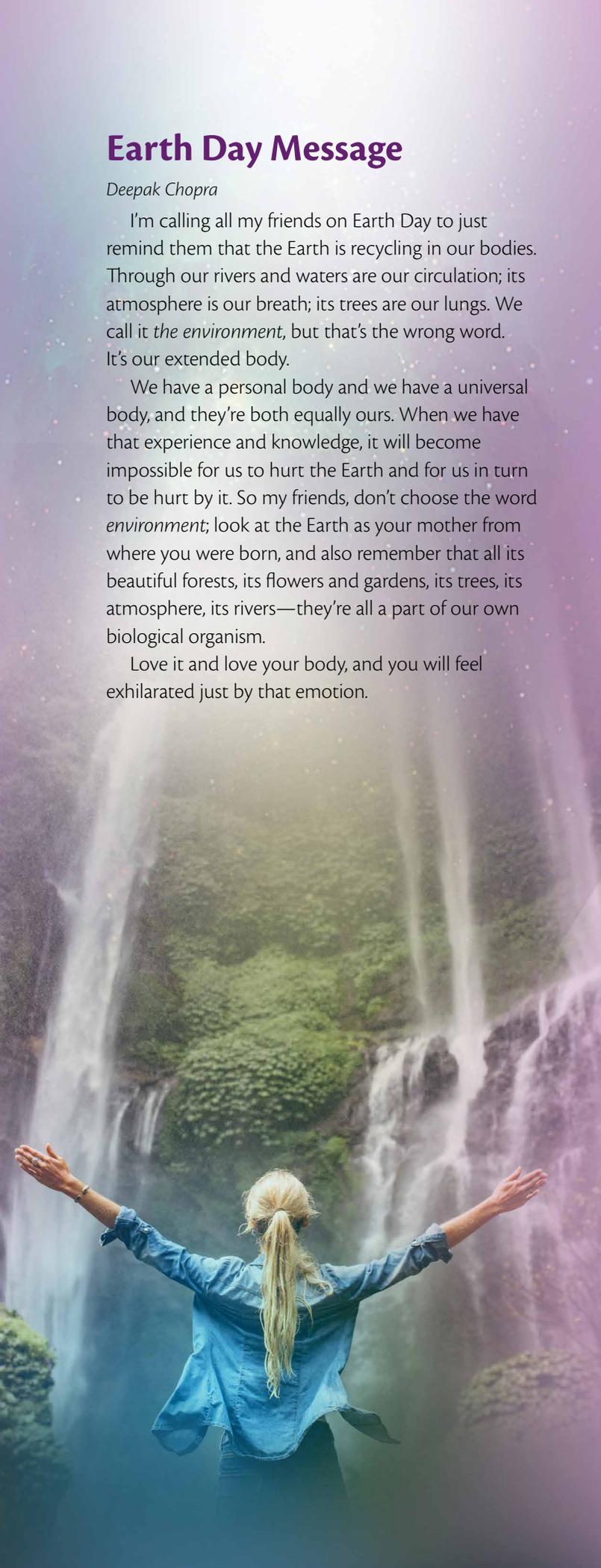
Don't count your failures. They don't exist unless you count them. When you count them, you replant them. Every day you are reborn anew. Dismiss the past. Throw it into the field of power around you, and plant your consciousness with divine Light that will consume whatever is negative, whatever is no longer helpful in your life. **Today you are reborn in Spirit if you believe it, if you receive it. The failures of the past no longer exist if you cast them out—you are free!**

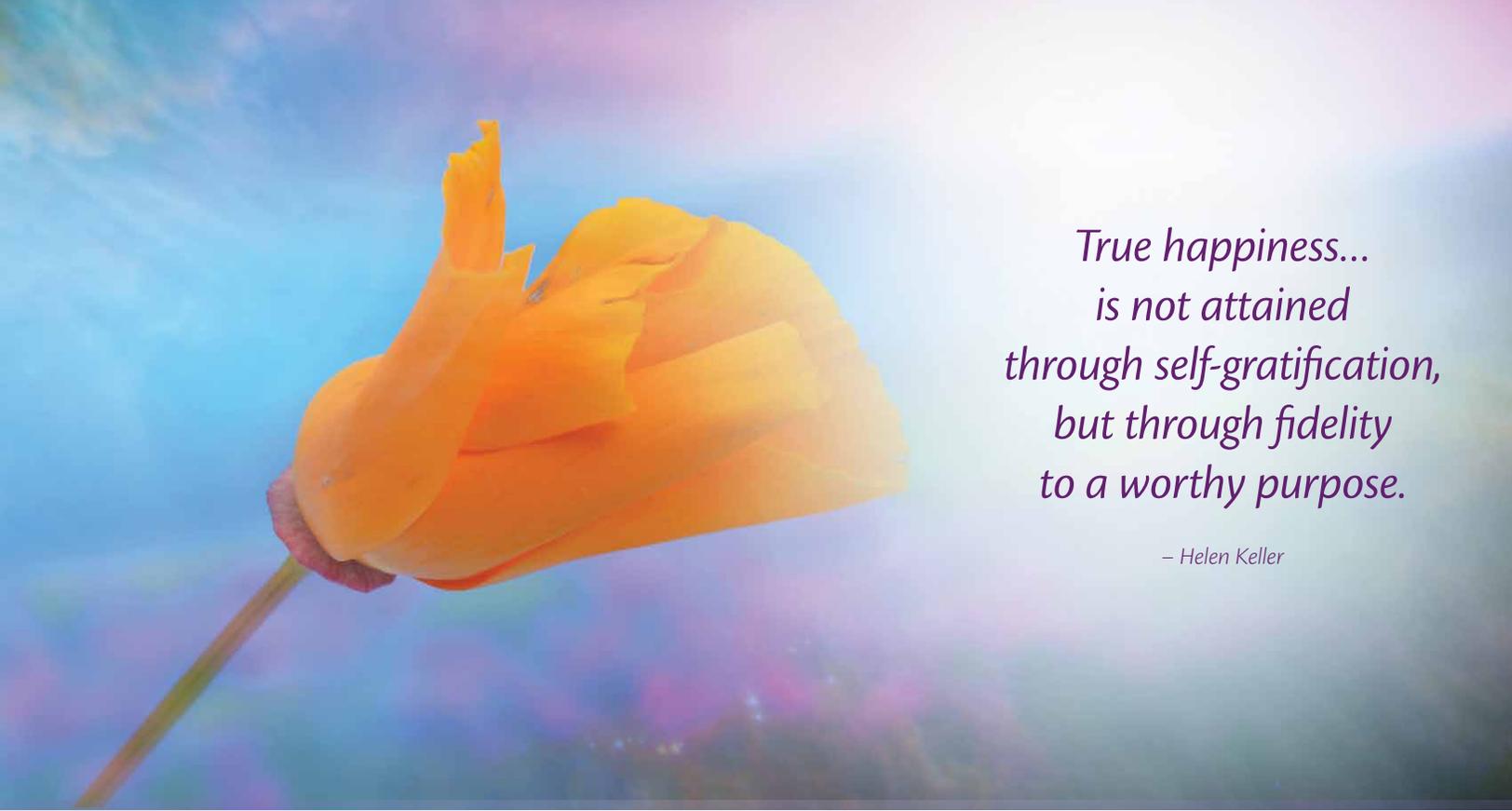
By attempting to live in compassion and virtue every day, whether you succeed or fail, just by attempting, you plant positive seeds in the field of power around you. The law of cause and effect has no choice but to return those virtues to you. Therefore, the more you attempt, the more you reap. The more you reap, the stronger you get. The stronger you get, the more determined you become. The more determined you become, the greater the Light within you.

Once seeing the Light, once experiencing the bliss and peace of meditation, you know. You will not need to be convinced anymore; you know it's true. You have gained a foothold and a handhold to scale the mountain. You become a force to help our brothers and sisters toward their freedom.

**It's not only important for each one of us to attain the final evolution for our own salvation, it's infinitely more important for us to do so that we may become a Light.**

And in becoming a Light, not to hide that light—to have guts enough to stand forth and use that Light. Yes, become divine warriors, because that is what is needed here.





*True happiness...  
is not attained  
through self-gratification,  
but through fidelity  
to a worthy purpose.*

– Helen Keller

## **An Extraordinary Friendship**

*Sibylle Custer, Sunburst*

This story is set in the Middle Ages a few hundred years back, and is based on a work by the German poet Schiller. It's about a tyrant that was ruling his country unfairly. Everybody dreaded him. One man decided to do something about it, so he ran into the palace with a dagger under his cloak to assail him, and kill him. But the guards of the palace caught him, and when he admitted his intention, he was sentenced to death. The hanging was to take place in three days.

The man was pleading with the tyrant: "Please! I accept the punishment, but give me time to travel into the village where my sister lives. She is to be married, and I'm supposed to perform the ceremony. I have to be there." Although he pleaded and pleaded, the tyrant, of course, said no.

Then, something very extraordinary happened. This man who was supposed to be hanged had a good friend, and this friend spoke up. "Let

him go to the wedding; I'll stay in his place. If my friend is not back after three days, you can hang me. I'm ready for that." The ruler agreed to the deal.

The man traveled by foot, and made good time, soon arriving in the village. He was able to perform the wedding ceremony, then immediately started the return journey. However, on the way back many obstacles challenged him. First, there were robbers looking for travelers on foot; he was assailed by them and left by the wayside. But he was alive, so he got himself up and continued walking. He needed to be back; he had a deadline.

When he had arrived at the river crossing earlier it was easy to ford, but upon returning the river was flooded. He had to swim across, and was swept far downstream. By the time he approached the town where his friend was waiting, it was almost evening, and the hanging was supposed to be soon.

He started to rush, running to

get there. When he overheard some travelers say that the hanging was about to happen, he got even more anxious. His love for his friend drove him on. He could not stop, no matter what. He dashed on, and came to the town just as the noose was placed around the neck of his friend. He fell down in front of the tyrant, and said, "Here I am! Here I am! It's me you want to hang. Please, release my friend. Here I am. Please do it!"

Then something extraordinary happened. The tyrant looked at him, saw him in bad shape from that horrible trip back and said, "I have never in my life seen a friendship like this. I pardon your friend. Nobody will be hanged, but please, please, please, can you make me the third person in this type of friendship?"

***Dear God, We want to be loyal to you. Let no hindrance come in the way of our loving you. Amen***

# News and Events

## JAYA LAKSHMI & ANANDA

Prayformance with the Saraswati Dream Band

FRIDAY, APRIL 21 – Sunburst Temple, 7 P.M.

Immerse yourself in heart-blossoming kirtan and healing music, followed by a meet-and-greet in the Lodge.



## KRIYA INITIATION & RETREAT

Spring Renewal – Empower Your Journey

THURSDAY – SUNDAY • APRIL 27 – 30

Learn the liberating Kriya meditation, or attend again to re-energize your practice. Discover ways to bring your practice “off the mat and into the world.” Empower your journey with the support of like-minded seekers.

## KARMA YOGA PROGRAM • Service Exchange

TUESDAY – SUNDAY • MAY 23 – JUNE 4

(flexible schedule: stay up to 13 days) Infuse your daily actions with Spirit as you live, work, and meditate in cooperative community. Help caretake the retreat center with activities such as cooking, gardening, cleaning, upkeep, and more.



## CELEBRATE LIFE RETREAT

featuring: Hands-On Permaculture

FRIDAY – SUNDAY • MAY 26 – 28

Integrate your inner and outer spiritual practice through hands-on permaculture projects, with Sean Fennell. Enjoy yoga, meditation, music, and community.

## LIVING WITH SPIRIT • Experience Sunburst!

SUNDAY – SUNDAY • JUNE 18 – 25 (8 days)

Connect with kindred souls on 4,000 acres of natural beauty. Live, work, meditate, learn, and have fun together! This lively event includes yoga, discussions, meals, and hands-on projects revitalizing Sunburst ranch's watershed.



## CELEBRATE LIFE RETREAT

featuring: Tune in to Your Fire!

FRIDAY – SUNDAY • JUNE 23 – 25

Explore the fire element of Chinese medicine, and how to harmonize body and mind with the influences of the summer season. Enjoy yoga, meditation, music, and sacred ceremony.

Pre-registration is required for events above. Call 805.736.6528 for more information and to register. Find details and more events at [www.Sunburst.org/upcoming](http://www.Sunburst.org/upcoming).

## SUNDAY MEDITATION GATHERING

Sundays, 10:30 A.M.

Enjoy live spirit-filled music, an insightful talk, quiet meditation, inspired company, and a delicious vegetarian meal. A children's program is offered for ages 4 and up.

We love  
to hear from you

and hope you'll comment and/or send your pictures after visiting Sunburst.

Mail to: [ContactUs@Sunburst.org](mailto:ContactUs@Sunburst.org)

Find more inspiration on our blog [here](#), and add your comments to the conversation.

## Cosmic Humor



## Exciting News!

Sunburst is now on Meetup. Have you joined our community yet? It's easy: just go to [meetup.com/Sunburst-Community](http://meetup.com/Sunburst-Community) and click the red "Join Us!" button. You'll be asked to create your own free account and then automatically receive invitations to our retreats, workshops, and other wonderful events.

As we grow our online presence, we truly appreciate your support to get the word out about Sunburst's soul-awakening teachings. It's so important today for all of us to work together toward peace. See you on Meetup!



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